

Iowa Breastfeeding Health

Developed for Health Professionals to Support Breastfeeding



Mission Statement:

Providing, promoting and coordinating breastfeeding education, support and evaluation through local coalitions, health care providers, educational institutions, and other interested individuals.

Information provided and distributed by the **Iowa Breastfeeding Coalition**

Iowa Breastfeeding Coalition Board Members:

- Co-Chair, Julie Cutler, RN, MSN, IBCLC, RLC,
- Co-Chair, Carol Reeder, RN, IBCLC
- Secretary, LeeAnn Albright, RN, IBCLC, RLC
- Treasurer, Marieta Boberg, MS, RD, LD, IBCLC
- Membership, Angela Swieter, RN, BSN, IBCLC, ICD, ICPE, ICPD
- Newsletter editor, Holly Szcodronski, RD, LD, CBE

Do you have a specific breastfeeding topic or resource that you want to know more about? Send ideas to Holly at: holly.szcodronski@idph.iowa.gov

Spring 2015

Welcome to our Premier Year of Iowa Breastfeeding Health!!!

If you are an Iowa Breastfeeding Coalition (IBC) member you will automatically receive this newsletter. If you are not an IBC member and would like to subscribe to the newsletter you can do so by emailing Holly. Please include your name, email and phone.

holly.szcodronski@idph.iowa.gov

Early Weight Loss Nomograms for Exclusively Breastfed Newborns

<http://pediatrics.aappublications.org/content/135/1/e16>

Newborn weight loss nomograms are useful in determining which exclusively breastfed infants are on a course for greater weight loss and adverse outcomes.

Coffective

<http://www.coffective.com/>
Coffective has developed a free mobile app for pregnant women and their supporters (fathers and grandmothers) with information about getting breastfeeding off to a good start in the hospital. Check it out, evidence-based.

New Tool Tracks Weight Loss in Breastfed Newborns

<http://contemporarypediatrics.modernmedicine.com/contemporary-pediatrics/news/new-tool-tracks-weight-loss-breastfed-newborns?page=full>

Online Newborn Weight Loss tool referred to as Newt was developed by Penn State Hershey Medical Center as a valuable resource for health care providers to see how a newborn weight compares to a larger sample of similar newborns from 6 hours to 4 days after childbirth.

Breastfeeding Toolkit

<http://www.aafp.org/patient-care/public-health/breastfeeding/toolkit.html?sf36744411=1>

The American Academy of Family Physicians has released a Breastfeeding Support and Resources Toolkit as a companion to its position paper on breastfeeding. The toolkit includes resources from a variety of sources designed to help family physicians and their office teams foster a positive breastfeeding environment for patients.

Supporting Nursing Moms at Work: Employer Solutions

<http://www.womenshealth.gov/breastfeeding/employer-solutions/index.html?from=AtoZ>

This new resource was developed to assist businesses but breastfeeding women returning to work will find it useful as well. The site includes helpful photos and common solutions to time and space issues.

LactMed

<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Drugs and Lactation Database (Lactmed) contains information on drugs, prescription and over the counter, as well as any chemicals that women may ingest or come in contact with while breastfeeding. Data coming from scientific literature includes possible adverse side effects and therapeutic alternatives.

Breastfeeding Education for Iowa Communities

<http://iabreastfeeding.square.com/events/>

The half day training developed by the Iowa Breastfeeding Coalition is designed for anyone working with breastfeeding mothers to enhance their knowledge of breastfeeding management. If you are interested in hosting a training in your community, download the brochure from the IBC link above for objectives and further information.

2015 Iowa Breastfeeding Conference

www.unitypoint.org

Make plans to attend the 26th annual Breastfeeding Conference May 20-21 at the Airport Holiday Inn in Des Moines. Speakers this year will be Kathleen Kendall-Tackett and Catherine Watson Genna. Topics are:

- Helping Moms Initiate Breastfeeding
- Weighing in on Obesity and Breastfeeding
- Breastfeeding Strategies for Tongue Tied Babies
- A New Paradigm for Depression in New Moms
- Mother-Infant Sleep Locations and Nighttime Feeding Behaviors
- Evidence Based Lactation Support*

*Attending the Evidence Based session on May 20th entitles you to a free one year membership to the Iowa Breastfeeding Coalition.

TRICARE for Moms

www.tricare.mil/

The TRICARE Moms Improvement Act introduced by Representative Lois Capps (CA-24) was signed into law in December by President Obama as an amendment to the National Defense Authorization Act. The new law makes breastfeeding supplies, services, and counseling available to military family members who have Federal TRICARE health insurance. Military family members should contact TRICARE for more information related to their coverage.

The Milk Mob

www.themilkmob.org

The Milk Mob is a nonprofit organization dedicated to breastfeeding education for outpatient health professionals and community breastfeeding supporters.

Its creation in 2014 was established as a means of disseminating the Office Nurse Breastfeeding Champion Program, which is a 16 hour training program for outpatient breastfeeding supporters, such as physicians, office nurses, medical assistants, La Leche League leaders, doulas, peer counselors, and public health nurses.

Iowa Breastfeeding Coalition meetings

<http://iabreastfeeding.org>

The coalition meets 3 times a year. The January and September meeting are by webinar while the May meeting is a face to face meeting and kicks off the annual breastfeeding conference. Mark your calendars to attend on May 20th and September 9th. You do not need to be a coalition member to attend.

Join the Iowa Breastfeeding Coalition

<http://iabreastfeeding.org>

The Iowa Breastfeeding Coalition is a group made up of lactation consultants, dietitians, nurses, nurse practitioners, peer counselors, mothers and grandmothers who are interested in promoting and protecting the rights of breastfeeding women.